

# SEXUAL HEALTH NOVA SCOTIA'S RECOMMENDED READS

## Youth Edition!



Sexual Health Nova Scotia presents its list of recommended reads on sexual and reproductive health, in celebration of Sexual & Reproductive Health Awareness Week 2021. For this year's theme 'Youth-friendly care: it's your right!', we have adapted our annual list to a special youth edition!

[WWW.SHNS.CA](http://WWW.SHNS.CA)

### Provincial Coordinator's Office

T: 902-543-6900

E: [provincialcoordinator@shns.ca](mailto:provincialcoordinator@shns.ca)

Our network of sexual health educators suggested these non-fiction books as inclusive, informative sources of information on various topics related to sex, gender, orientation, health, pleasure, and safety.

### Cape Breton Centre for Sexual Health

T: (902) 919-4922

E: [cbcforsexualhealth@gmail.com](mailto:cbcforsexualhealth@gmail.com)

This list is not conclusive! Contact any SHNS member-centre for more recommendations and resources, or visit [www.shns.ca](http://www.shns.ca).

### Halifax Sexual Health Centre

7071 Bayers Road, Unit 302

Halifax, NS B3L 2C2

T: (902) 455 9656

E: [admin@hshc.ca](mailto:admin@hshc.ca)

## For Kids & Younger Youth

Rachel Brian

### Consent (For Kids!): Boundaries, Respect and Being in Charge of You

*Little Brown Books for Young Readers, 2020*

### Pictou County Sexual Health Centre

279 Foord Street, PO Box 1803

Stellarton, NS B0K 1S0

T: (902) 695 3366

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Cory Silverberg & Fiona Smyth

### What Makes a Baby

*Triangle Square, 2013*

### Sexual Health Centre for Cumberland County

82 Church St.

Amherst, NS B4H 2G7

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E: [sexualhealthcumberland@gmail.com](mailto:sexualhealthcumberland@gmail.com)

Cory Silverberg & Fiona Smyth

### Sex is a Funny Word: A Book About Bodies, Feelings and You

*Seven Stories Press, 2015*

### South Shore Sexual Health

109 Logan Rd. Unit 1B

Bridgewater, NS B4V 2L4

T: (902) 527 2868

E: [southshoresexualhealth@gmail.com](mailto:southshoresexualhealth@gmail.com)

Sonya Renee Taylor

### Celebrate Your Body (And Its Changes Too!): The Ultimate Puberty Book for Girls

*Callisto Media, 2018*

### Sheet Harbour Sexual Health Centre

22637 Hwy 7, PO Box 211

Sheet Harbour, NS B0J 3B0

T: (902) 885 3693

E: [sheetharbourshc@hotmail.com](mailto:sheetharbourshc@hotmail.com)

Rachel E. Simon

### The Every Body Book: The LGBTQ+ Inclusive Guide for Kids About Sex, Gender, Bodies and Families

Jessica Kingsley Publishers, 2020

Theresa Thorn  
**It Feels Good to be Yourself: A Book About Gender Identity**  
Henry Holt & Co., 2019

**For Older Youth**

Heather Corinna  
**S.E.X.: The All-You-Need-To-Know Sexuality Guide to Get You  
Through Your Teens and Twenties**  
*De Capo Lifelong Books, 2016*

Jennifer Lang  
**Consent: The New Rules of Sex Education: Every Teen's Guide to  
Healthy Sexual Relationships**  
*Althea Press, 2018*

Jen Gunter  
**The Vagina Bible**  
*Random House of Canada, 2019*

Nikol Hasler  
**Sex: A Book for Teens**  
*Zest Books, 2010*

Paul Joannides  
**Guide to Getting it On: Unzipped**  
*Goofy Foot Press, 2017*

Annie Sprinkle  
**The Explorer's Guide to Planet Orgasm: For Every Body**  
*Greenery Press, 2017*

Makeda Zook, Karen Chan, Frederique Chabot, & Brittany Neron  
**Beyond the Basics: A Resource for Educators on Sexuality and  
Sexual Health**  
*Action Canada for Sexual Health & Rights, 2017*

Allison Moon  
**Getting It: A Guide to Hot, Healthy Hookups and Shame-Free Sex**  
*Potter/Ten Speed/Harmony/Rodale, 2020*



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Julia Rothman & Shaina Feinberg  
**Every Body: An Honest and Open Look at Sex From Every Angle**  
*Little Brown & Company, 2021*

**2SLGBTQ+ Youth Reads**

James Dawson  
**This Book Is Gay**  
*Sourcebooks Fire, 2015*

Hida Vioria  
**Born Both: An Intersex Life**  
*Hachette Books, 2017*

Laura Erickson-Schroth  
**Trans Bodies, Trans Selves: A Resource for the Transgender Community**  
*Oxford University Press, 2014*

Lindsay King-Miller  
**Ask a Queer Chick: A Guide to Sex, Love, and Life for Girls Who Dig Girls**  
*Plume, 2016*

Susan Kuklin  
**Beyond Magenta: Transgender Teens Speak Out**  
*Candlewick, 2015*

Allison Moon & kd diamond  
**Girl Sex 101**  
*Lunatic Ink, 2015*

Fox Fisher & Owl Fisher  
**Trans Teen Survival Guide**  
*Jessica Kingsley Publishers, 2018*

George M. Johnson  
**All Boys Aren't Blue: A Memoir-Manifesto**  
*Farrar, Straus and Giroux (Byr), 2020*



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